

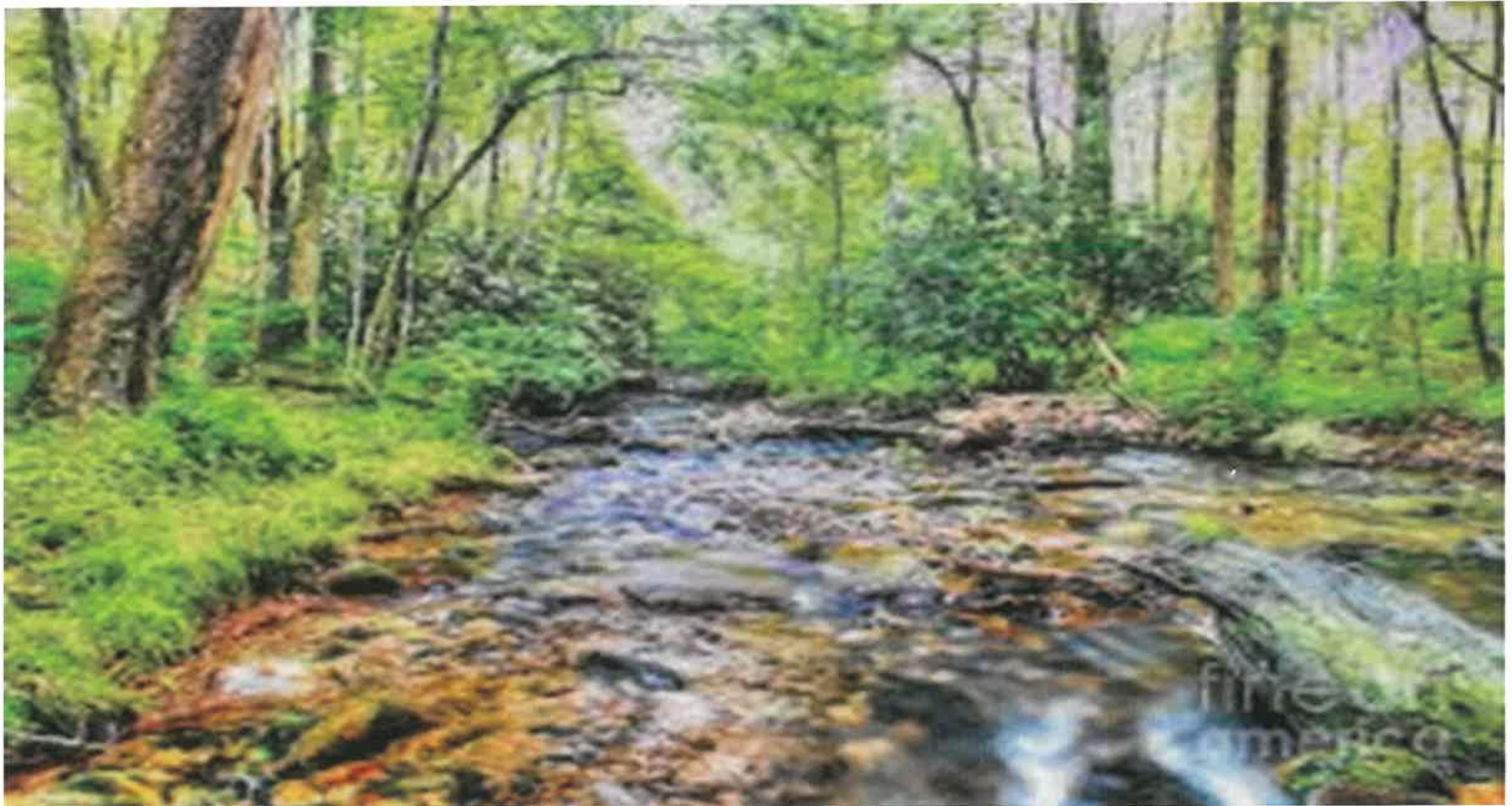
Voice Of Experience Quarterly Newsletter – Summer 2025 Issue

Encompass Community Supports
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Formerly Known As – Rappahannock-Rapidan Community Services



VOICE OF EXPERIENCE

Hello and welcome from the Fauquier Senior Center. We have had an exciting past couple of months and are looking forward to the future. We would also like to extend a special THANK YOU to all our volunteers and those that make our program possible!

Most recently we have been very busy with the Kentucky Derby Races. We made punch mocktails, raced horses, and decorated and wore big derby hats. We would like to recognize our winner of the races, Ms. Shirley Perry, the horse she chose, Sovereignty, won the 2025 Kentucky Derby Race. Way to go Shirley!


We enjoyed going to The Library of Congress National Audio-Visual Conservation Center (LOC), in Culpeper, VA. We have recently watched some wonderful movies such as, "How to Marry A Millionaire" (1953) and "Double Indemnity" (1944) and Lillies of the Field (1963). We receive a special invitation from LOC to attend these movies and we will be attending more in the fall. We would like to Thank David March, Film Preservation Specialist, and LOC staff for always being so accommodating and helpful.

In April, we attended a Sock Hop Dance, hosted by Reformation Lutheran Church and Home Instead of Culpeper. It was an amazing success and lots of fun for everyone! Everyone was dressed up in 1950's attire and dancing to the beat of the music! We had a blast and really enjoyed the event. A huge thank you to everyone who made this event possible.

Since April was National Volunteer Month, we would like to recognize, Tina Brugno, with Grey-stone for coming as often as she can to teach us Chair Yoga. We appreciate your wellness tips and bringing exercise in a fun and exciting way! We would also like to Thank Tristan Golas and his team! They come regularly to play Bingo, and they always bring lots of joy, happiness, and laughs. We really appreciate all the snacks and Bingo prizes. The photos they take are always loved by everyone. We thank ALL our volunteer drivers that deliver our lunches daily. We would also like to Thank EVERYONE that VOLUNTEERS, for ALL that you do for The Fauquier Senior Center. You make our programs awesome!

Also, we need to shout out, Captain Kristi Kiernan, with the Fauquier County Sheriff's Office, along with the Fauquier County TRIAD, for coming, informing, and speaking about scams, frauds, dangers in the community, and important information about new laws. TRIAD is an amazing resource for our members and seniors in the community. They raise awareness to prevent crimes against seniors. Thank you for caring about the aging population in our community.





Our Member's LOVE the 4P Produce Program. We are so very grateful and thankful for the program. Members receive this bag once a month filled with healthy foods. Members look forward to what is in the bag! They are always excited and happy about the foods they receive. They can save money while having access to fresh fruits, vegetables, and eggs.

In May, we held a Mother's Day Breakfast, an Ice Cream Social, and many other fun and memorable activities. We recognized our veteran's, to show our appreciation for their sacrifices and service to our country. Oak Springs Garden Foundation will be visiting in May! We always look forward to their plants and sensory crafts! We also plan on going to the Wisdom and Wellness Symposium, hosted by Fauquier County TRIAD and Aging Together. This should be a very resourceful event for our members and the community!

Come join us at Fauquier Senior Center. We are located at 430 E Shirley Ave, Warrenton, VA. 20186. We offer several different exercise classes, arts and crafts, live music, trips, and daily lunch. Pick up a calendar of events and stay a while! We hope to see you all very soon. Have a wonderful summer!

Jessica Richardson, Fauquier Senior Center Administrator
(540) 347-7729, jrichardson@ecsva.org



STRAWBERRY CRISP FOR TWO

Submitted by Leslie

"A delicious summer twist on Apple Crisp. Any type of berries may be used. We love this served with milk, ice cream or whipped cream!"



🕒 Ready In: 25mins

🍽 Serves: 2

🥣 Ingredients: 5

DIRECTIONS

1. Preheat oven to 375°F.
2. Melt butter in small saucepan over low heat.
3. Add oatmeal, brown sugar and cinnamon.
4. Mix well and remove from heat.
5. Divide strawberries between 2 oven-proof dishes.
6. Sprinkle 1/2 oatmeal mixture over each.
7. Bake 15 minutes or until hot and browned.

INGREDIENTS

- 1 tablespoon **butter**
- 1/2 cup uncooked **oatmeal**
- 1/4 cup packed **brown sugar**
- 1/2 teaspoon **cinnamon**
- 1 cup sliced **strawberry**

Madison Senior Center

The weather has been wonderful after a long cold winter season. We didn't get a lot of snow, but it kept us home for a few days. We miss the fellowship with our friends, so we are pleased to see sunny days and look forward to upcoming summer events.

We have enjoyed the students from Grymes Elementary School, the 2nd and 3rd grades have alternated in visiting the center. They shared their class work, and we taught them to play dominoes. Spending time with the younger generation keeps us on our toes both physically and mentally. As the school year is ending, the students expressed regrets and some even suggested getting their grandparents to come to the center with them so they could still visit. We have plans to work with Parks and Rec's camping program for the summer. The dominoes tournaments were a camp favorite last summer.

We have been focusing on Scam Education with TRIAD, the scammers are getting smarter and so convincing that even the most alert person can become a victim. Our only defense is education and reaching out to law enforcement for help. Remember if it is too good to be true, it most likely is. The only way to stop a scam is to spot a scam.

Several of our seniors have been targeted with the grandparent scam and another thought he had won a car in a sweepstake he had not even entered. Some who get scammed are ashamed to admit it, therefore they will not report to their family or friends. Be vigilant, support each other and don't let anyone take your hard-earned money.

I was invited to speak at the Triad state Conference last fall and again this month for the New Kent/Charles City Triad Conference. After much research, I was amazed by the extent of the scams and the money lost, most of which was never recovered

We really appreciate the opportunity to attend movies at the Library of Congress the venue is so beautiful, and the selections are very appropriate for our age group. Going to lunch after the movie is a much-enjoyed event, the fellowship with our friends makes the day special.

The senior Prom was wonderful, our seniors enjoyed the DJ and all the great music. Thank you to Reformation Lutheran Church for hosting! We appreciate all the effort that made the day so successful

Come join us for a nutritious lunch, educational opportunities, and great fellowship. We are located at 1480 North Main Street, Madison

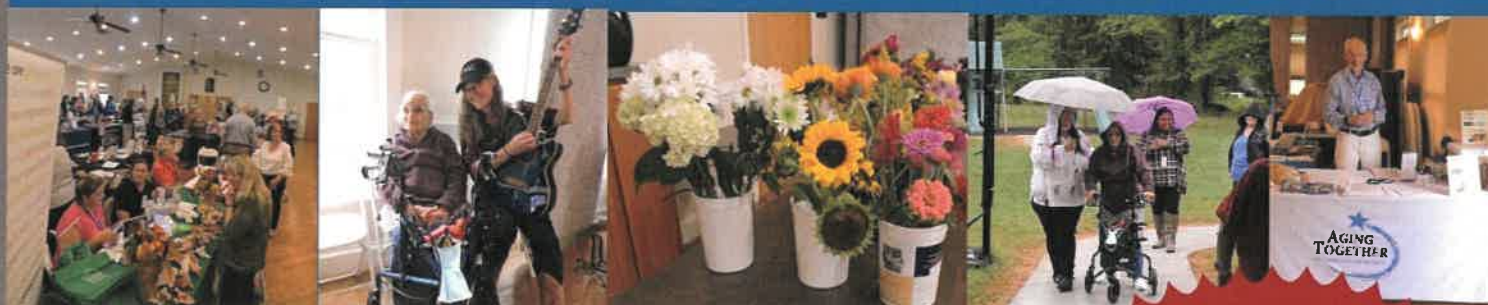
Our door is always open Monday-Thursday 10AM-2PM, if we are not out traveling. See you soon.

Shirley Fleischmann, Administrator, sfleischmann@ecsva.org
Madison Senior Center, (540) 948-4131



RAPPAHANNOCK

2025 ART OF AGING LIFESTYLE & WELLNESS EXPO



Wednesday, September 24, 2025

Reynolds Memorial Baptist Church
3748 Sperryville Pike, Sperryville, VA

**FREE EVENT FOR
EVERYONE!**

30+ EXHIBITORS AND SERVICES

- Health Resources
- Food Resources
- Fraud & Scams Prevention
- Flower Arranging
- Hearing Assessments
- Caregiver Resources
- Insurance Info
- Housing & Long Term Care
- And So Much More!

**Door
Prizes!**

IMMUNIZATION CLINIC

Immunization clinic information will be available closer to the event date. Please check the Aging Together website for updates on scheduling your immunizations and insurance requirements.



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Advanced Mobile
Wound Care
OF VIRGINIA



Preventing Medicare Fraud

For more information: www.agingtogether.org info@agingtogether.org 540-829-6405

CULPEPER 2025 ART OF AGING LIFESTYLE & WELLNESS EXPO



Tuesday, October 14, 2025

10:00am-1:00pm

Culpeper County Fieldhouse

16388 Competition Drive, Culpeper, VA

**FREE EVENT FOR
EVERYONE!**

50+ EXHIBITORS AND SERVICES

- Health Resources
- Area Agency on Aging
- Fraud & Scams Prevention
- Flower Arranging
- Hearing Assessments
- Caregiver Resources
- Insurance Info
- Housing & Long Term Care
- Shred Truck
- And So Much More!

**Door
Prizes!**

IMMUNIZATION CLINIC

Immunization clinic information will be available closer to the event date. Please check the Aging Together website for updates on scheduling your immunizations and insurance requirements.

**LIVE
radio broadcast:**



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**Advanced Mobile
Wound Care**
OF VIRGINIA



SMP
Senior Medicare Patrol

Preventing Medicare Fraud

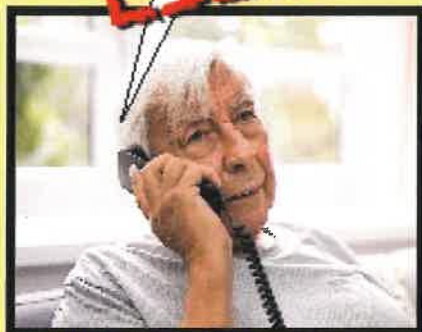


For more information: www.agingtogether.org info@agingtogether.org 540-829-6405

Don't Fall For The Scam!

"Hi, I'm calling from Medicare..."

LIES!



Medicare and other government agencies will not call you unsolicited. If someone calls and says they're from Medicare, the IRS or the SSA, it's a scam.

"Do you need a knee brace? It's free!"

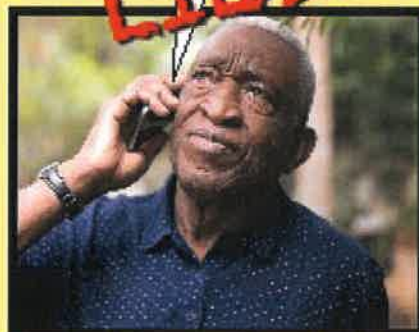
LIES!



Never accept medical equipment from unsolicited callers, even if they say it's free. You could be participating in healthcare fraud.

"If you don't cooperate, we'll suspend your benefits"

LIES!



No legitimate government agency will threaten to suspend your benefits over the phone. If you feel threatened by an unsolicited caller, it's a scam.

To learn how to Prevent, Detect and Report these and other healthcare scams, or to report a suspected case of healthcare fraud, contact the Virginia Senior Medicare Patrol (SMP) at

1-800-938-8885

Or visit our website: VirginiaSMP.com



The Senior Medicare Patrol's (SMP) mission is to empower and assist Medicare beneficiaries, their family members and caregivers to prevent, detect and report healthcare errors, fraud and abuse through outreach, education and counseling.



2025

Senior Cool Care

FREE AIR CONDITIONERS OR FANS FOR OLDER ADULTS

ENROLL FROM MAY 1ST - OCTOBER 31ST

Encompass Community Supports, in partnership with Dominion Energy and the Virginia Department for Aging and Rehabilitative Services, offers free single-room air conditioners or fans to eligible adults 60+ in Culpeper, Fauquier, Madison, Orange, or Rappahannock County to help stay cool during warm months.

Eligibility:

- Age 60 or older
- Income at or below 150% of the Federal Poverty Guidelines (e.g., \$1,956/month for 1 person; \$2,644/month for 2)
- Income verification required

Limited supplies – Apply soon!

Scan to Enroll today



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— Community Supports —

Formerly Known As – Rappahannock-Top of the Mountain Community Services

Encompass Community Supports does not discriminate on the basis of any characteristic protected by law, in employment matters and in its programs and services.

**Questions? Call (540) 825-3100
Ask for the Community Connections
for Older Adults Support
Coordinator of your county**

SPRING 2025





MEMBER



SHOWCASE



Orange Senior Center

Things the Orange Senior Center will be doing in the next few months:

- | | |
|--|------------------------|
| Fall Fashion Show | 100 Questions Activity |
| Mocktail Birthday Bash | Painting Rocks Project |
| Making Greeting Cards for local nursing home | Book & Poetry Readings |
| Show & Tell | Letter/Word Fun |
| Spontaneous Stories | Race Day |
| Checkers Challenge | Storyteller |
| Dominoes Day | Candy Bar Bingo |
| Flower Arranging | Spa Day & Nail Care |
| Balloon Twister | Beach Ball Volleyball |
| Therapy Dogs | Scam Education |
| Art Demonstrations | Trivia Games |
| Dear Abby Answers | Neighborhood Visits |
| Yard Sale | Nutrition Education |

Our motto is "YOU NEVER KNOW WHAT'S GOING TO HAPPEN AT ORANGE SENIOR



CENTER." Stop by for a visit! We are sure you will enjoy your time here. We are looking forward to seeing you soon!

Pamela Prill,
Orange Senior Center
Administrator,
pprill@ecsva.org,
(540) 672-5926



Aging Together's Annual Meeting &

5 OVER 50 *Celebration!*



**JOIN US FOR A DINNER BANQUET ON
SEPTEMBER 18, 2025 / 5:00-8:00PM**

HONORING ↘



CULPEPER
SHARON WELCH
CLARK



FAUQUIER
KAREN WHITE



MADISON
CARLYLE WEAVER



ORANGE
MARY-JANE ATWATER

★
★
5 OVER 50
★
★
2025



RAPPAHANNOCK
BARBARA & MATTHEW
BLACK

FAUQUIER SPRINGS COUNTRY CLUB

9236 TOURNAMENT DR, WARRENTON, VA

REGISTER AT WWW.AGINGTOGETHER.ORG

TICKET PRICE

\$35.00

CASH BAR



MORE INFORMATION: WWW.AGINGTOGETHER.ORG 540-829-6405 INFO@AGINGTOGETHER.ORG

TUESDAY NOONTIME SERIES

Featuring

**the Scams & Fraud
Series
by Virginia SMP**



SMP

Senior Medicare Patrol

Preventing Medicare Fraud



This Session:

UNDERSTANDING YOUR MEDICARE STATEMENTS

The Virginia SMP's mission is to empower seniors, caregivers and family members to prevent, detect and report healthcare fraud. One way the SMP accomplishes this mission is by providing educational events for small and large groups.

The third of this 4-part series helps participants learn how to read and identify fraud on their Medicare Summary Notices (MSN) and Explanation of Benefits (EOB).

AUGUST 12, 2025 / 12PM-1PM

THIS FREE EVENT IS VIRTUAL BY ZOOM.



Presented by: Shawn Smith, State Director Virginia Senior Medicare Patrol (SMP)

Shawn Smith is the State Director of the Virginia Senior Medicare Patrol program. He leads a team of over 100 paid and volunteer staff that educate seniors on fraud prevention. Shawn is also the author of "101 Fraud Tips", a guide to help seniors protect their money and identify from scammers. Shawn does many educational programs around the state and will present this 4-part series for our region.

To Register: www.agingtogether.org (Programs tab)

Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program.

Please check your email after you have registered.

AGING TOGETHER PO BOX 367, CULPEPER, VA 22701

WWW.AGINGTOGETHER.ORG INFO@AGINGTOGETHER.ORG 540-829-6405

Volunteer Snapshot



*Thank You
Darlene!*



Name & Volunteer Job Description? Darlene Dunnivan

“Any and Everything!”

Where were you born? What county do you live in & how long?

Massachusetts

Orange

60 years

Do You Have Children and/or Grandchildren?

“Yes 2 sons, and 9 grandchildren.”

What was one of your favorite jobs you’ve held?

“Assembly line work.”

What is Your Favorite Food/Meal?

“The meatloaf we have at the senior center.”

What Do You Do for Fun?

“Read , and do bible study books.”

What Is Your Favorite Book, Movie, and/or TV Show?

“Christian books.”

What Do You See as One of The Biggest Challenges to Your Community Today?

“Older folks that have no way to get around, not being able to drive.”

Where is One Place You Would Like to Visit If You Could?

“Back home to Massachusetts.”

Why is Volunteering Important to You?

“I enjoy volunteering and I like doing things to help others.”

THANK YOU ECS VOLUNTEER SENIOR CENTER MEAL DRIVERS!

18



WE HAVE ARTISTS IN THE BUILDING!



Did You Know . . .

- ♦ the letter "Q" is the only letter not used in a U.S. name?
- ♦ Winston Churchill was hit by a car and nearly killed during a New York visit?
- ♦ Neil Armstrong once threatened to sue his barber for selling his hair?
- ♦ The filling in Kit Kats is made from damaged Kit Kats?
- ♦ A mailman made a castle in France?
- ♦ There's a basketball court in the US Supreme Court building?
- ♦ The Statue of Liberty wears a size 879 shoe?
- ♦ A lifeboat drill was cancelled the morning of the sinking of the Titanic?
- ♦ One of the largest pyramids in the world is a Bass Pro Shop in Memphis Tennessee?
- ♦ Antarctica is covered in a sheet of ice that's 7000 feet thick?
- ♦ The average U.S. household has 300,000 things in it?
- ♦ Chewing gum is banned in Singapore?
- ♦ McDonalds once created bubblegum-flavored broccoli?
- ♦ Lemons float in water while limes sink?
- ♦ Tigers have striped skin not just fur?
- ♦ There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous?



Encompass Community Supports

**PO Box 1568
Culpeper, VA 22701**

VOICE OF EXPERIENCE

**The VOICE OF EXPERIENCE
is the Community
Connections for Older Adults
(CCOA) newsletter of
Encompass Community
Supports.**

**for active older adults and
their families in Culpeper,
Fauquier, Madison, Orange,
and Rappahannock Counties.
For more information,
please contact:**

**Lola Walker
lwalker@ecsva.org
(540) 825-3100 x3358**



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